U.S. Department of Homeland Security

United States Coast Guard Commanding Officer United States Coast Guard Aviation Training Center 8501 Tanner Williams Rd Mobile, AL 36608 Staff Symbol: hsd Phone: (251) 441-6114 Fax: (251) 441-6415 Email: John.G.Allen@uscg.mil

6000 20 Apr 2009

MEMORANDUM

From:

LTY G. ALLEN, Clinic Administrator

CG ATC

To:

CG ATC

Thru:

(1) CG ATC (hsd)

(2) CG ATC (xo)

Subj:

PATIENT ADVISORY COMMITTEE MEETING MINUTES FOR 17 APR 2009

1. The Patient Advisory Committee (PAC) was convened at 1030 on 17 Apr 2009. Attendees present were:

Mrs. Tara Dunn (TRICARE Service Center)

AN Matthew Huey (ATC)

HSC Jerry Cade (ATC)

Mr. Shane Pierce, RN (ATC)

LT John G. Allen (ATC)

- 2. Old Business:
  - a. None
- 3. New Business:
  - a. None. We were prepared to discuss the topics contained in enclosure (1).
- 4. We are unsure of the reason for the poor turnout-we posted flyers, sent base wide email reminders to all hands, and passed the information at two Command staff meetings. Strong attendance seems to go in cycles: when the Command directs a rep from each Division to attend, we will see improved attendance. The next quarter, we will typically see fewer attendees. Although it is difficult to pinpoint an exact reason for the poor attendance, I only can only speculate that people choose not to attend because the either have no interest in the topics we are presenting or have no complaints that have not been addressed previously. Further, personnel that arrived last summer have figured out how we do business and have over time made suggestions to us on how to better meet their needs; the up chit clinic and PHA changes are prime examples. Because of these trends, over the years we have attempted to make the PAC educational and interactive. For instance, in the past we have brought in speakers to discuss breast cancer awareness or cardiac risks to entice greater attendance. In all instances, we've had limited success. We've even tried outreach after hours: last fall, the XO arranged for an after hours presentation and no one attended the meeting. We've attempted to partner with MASC, but there is not a great interest. All of these situations are understandable, but we will continue to move forward with continually trying to find ways to enhance attendance at the PAC. I will contact MOAA Mobile to see if there is an interest in some sort of partnership or health care related event. With the numerous proposed changes to our complex health benefit from Congress, it might be a good opportunity. The next PAC will be scheduled for late June, just in time for transfer season.

## Subj PATIENT ADVISORY COMMITTEE MEETING MINUTES FOR 17 APR 2009

6000 20 Apr 2009

Enclosures: (1) PAC Meeting agenda, handouts & PPT for 17 Apr 2009 (2) Attendance Rosters for 17 Apr 2009

Copy: Patient Advisory Committee

# ATC MOBILE CLINIC PATIENT ADVISORY COMMITTEE MEETING

## 17 Apr 2009

## ATTENDANCE ROSTER

NAME/Rank / UNIT and Division / CONTACT INFO (E-mail, phone, etc.)
1.200 Dura Tringe Rep. 800-404-5445 X3975
2. Jerry Cade ATC MED 441-6113  3. Shane PIERCE ATC MED 441-6113
3. ShANE PIERCE ATC MED 441-6113
4. Matthew Huey #3 /ATC 144 Line Shop X5863
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## Patient Advisory Committee Meeting April 17, 2009



## Agenda

- · Introduction
- · Update on Clinic Staffing
- · Patient Responsibility for Referrals Management
- · Review of Clinic Services
- · Overview of Periodic Health Assessments (PHAs)
- · TRICARE News and Updates
- Beneficiary Feedback, Closing Comments, and Questions



## Update on Clinic Staffing

- LT Christina Medrano retirement scheduled for April 24, 2009
  - Her replacement is LT Bryan Oditt, arriving from CGAS Borinquen
- · HS departures:
  - HS1 Mueller, HS1 Daly, and HS1 Breeden
- · HS arrivals:
  - HSC Gipson arriving July
  - Three HS1s arriving over the summer

Mr. Shane Pierce

## What To Do When You Receive A Referral

- You will receive a handout from Ms. Jean Lulue explaining the steps you need to take obtain an appointment for a referral
- This process will <u>not</u> apply to emergent or urgent referrals
- · See handout

Review of Clinic Services

## Review of Key Clinic Services

- Vasectomy Services
  - Requires two appointments:
    - First appointment is for counseling and obtaining consent
    - Second appointment is for procedure to be performed
  - Requires patient acknowledgement that CG will not pay for a reversal in non-federal facilities



## Review of Key Clinic Services

- Many patients not aware clinic has after hours duty HS
  - Duty HS available for acute/urgent care: 441-6410
  - Has contact with medical officer and other staff members to address after hours issues
- · TRICARE On line
  - Can make medical appointments online
  - Requires registration at http://www.tricareonline.com
  - Focus is same day appointments



## Review of Key Clinic Services

- Walk in up chit clinic expanded to include Mondays (0720-0800) and Thursdays (1415-1450):
  - Target audiences for the clinic are:
    - · Day and night shift personnel who are in need of an up chit.
    - Newly arriving ATC aviation personnel. Note: All personnel checking into ATC must meet with the flight surgeon or aviation physician assistant to obtain an up chit PRIOR to participating in flight duties.
  - Appointments will still be available, but this provides an additional means to obtain an up chit.



#### About the PHA

### What is the PHA?

- The Periodic Health Assessment (PHA) is a multicomponent process that will ensure service members are ready for deployment, ensure individual medical readiness data is recorded, and deliver evidence-based clinical preventive services
- The PHA is required on an annual basis for all active duty and reserve Coast Guard personnel
- · PHAs will be done by birth month
- Beginning 01 Jan 2009, the PHA Is mandatory for all CG AD who are enrolled to a CG clinic; Reserve personnel near a CG clinic are also required to have a PHA

## **PHA Mandate**

- Annual multi-service requirement required by 2005 congressional law
- · Ensures service members are ready for deployment,
- Ensures individual medical readiness data is recorded
- Delivers evidence-based clinical preventive services
- DOBMERB, commissioning, enlistment, retirement, confinement, RELAD, aviation, LSO, and dive will still be required
- Routine 5-year physical examinations will no longer be required for active duty and reserve

#### **PHA Mandate**

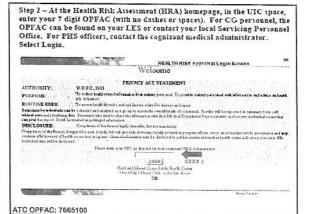
- Reservist on less than 31 days active duty and active duty personnel not enrolled to a CG clinic will need to call the Reserve Health Readiness Program (RHRP) to make their appointment
  - PHAs will not be performed at a CG clinic for these individuals
- · See handout for RHRP process

## What to Expect

- Prior to your appointment, you will need to complete the Navy Fleet and Marine Corps Health Risk Assessment (HRA) online
  - Should be completed before your appointment
  - Will be printed and brought with you to your appointment and will be used to guide the PHA process
- · PHAs will be done in one day
  - Screenings, labs, shots, and dental exams in the morning
  - See medical officer in the afternoon if necessary

Steps to Completing the HRA

Step 1 – During your birth month (or no earlier than 2 months prior to your birth month), go to the Navy and Marine Corps Public Health Center (NMCPHC) – <a href="http://164.167.141.36/pls/newhras/hra">http://164.167.141.36/pls/newhras/hra</a>. For those members that have a Navy Knowledge Online account, they can also access the HRA at the "Personal Development/Health and Wellness" page.



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#### Please remember...

 Important that you complete the HRA prior to your appointment, print, and bring it with you

TRICARE Update

## Chiropractic Services

- · Chiropractic Health care program
- Only available for the ADSM at a designated MTF w/refferal from PCM
- PCM will determine if required through screening process
- Chiropractic Services received outside of designated locations will not be covered by Tricare.
- · PCM will monitor continued care
- · Service is only for the ADSM!!!

For more information: www.tricare.mil



#### Keesler AFB

- · Second largest medical center in the Air Force
- Most referrals will be sent to Keesler AFB from MTF at ATC for ADSM
- · Clinical patient evaluation and counseling
- Consultation services to other providers
- · Prenatal diagnostics services
- · Only medical genetics center in the DOD
- · Primary laboratory testing site for Cystic Fibrosis screening

For more information about Keesler AFB: 81mdg.labsystems@keesler.af.mil



## Maternity Care

- Maternity Inpatient Care Cost-Shares (mothers cost)
  Tricare Standard coverage for maternity, prenatal care, delivery and postpartum care.
  - \$25 minimum Inpatient admission charge or \$15.15 per day the daily ADFM Inpatient admission charge, whichever is greater.

    Must call Tricare for authorization when inpatient.

  - No reterral needed.
    When going to a non-network provider you may have the responsibility of filing your own claims. You may also be responsible for charges up to 15% above maximum allowable charges of Trieare when seeing a non-network provider. Maternity professional fees or newborn inpatient fees are \$0.



## Maternity Care

Tricare Prime

- Tricare Prime also have coverage for maternity, prenatal care, delivery and
  - Must receive a global-maternity referral to OB/GYN from PCM, this referral will cover member through out prognancy, and one follow up visit after child birth. 18 visits w/in referral.
  - DBIGYN will then be responsible for all maternity care for member.

    There should be no out of pooket costs for AD or ADFM for maternity under Prime.

  - If member chooses to seek her care outside of the network for materially care under Pirme she will be responsible for POS charges. If member chooses to change the network OB/GYN she must seek her PCM for now global-materially referrad. Once inpolient call Tricare to update hospitalization information.

Ultrasounds: Tricere covers medically necessary ultresounds as they must be coded by the OB/GYN. Ultrasounds are not covered for routine screening or to determine the sex of the baby.

Ultrasounds must have diagnosis other than pregnancy for coverage. Members will be
Responsible for charges for non-covered ultrasounds under Tricare Standard/Extra or Prime



### Behavioral Health Care

#### Authorized Behavioral Health Care

- Behavioral health care is a covered benefit for AD and the ADFM.
- The first 8 visits to per fiscel year without prior authorization are covered.

  After the first 8 visits prior-authorization is required. Remember to obtain care with Tricare network providers to ensure approved on authorization.

- Psychiatrists
- Clinical psychologist
  Certified psychiatric nurse specialist
  Clinical social workers
- Certified marsings and family therapist with a Tricare participation agreement. Pastoral counselors with physician referral and supervision Mental health counselors with physician referral and supervision. Licensed professional counselors with physician referral and supervision.



## Behavioral Health by Value Options

Behavioral health issues are handles by Value Options. Value Options is a branch of Tricare to ensure all mental health needs for all branches of service to include the ADFM.

Value Options: 1 800 700-8646

EAP - A/D and ADFM for USCG ONLY 800 222-0364

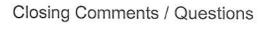
For more information: Tricare Choices Handbook www.mytricare.com



Pharmacy Update

# ATC Pharmacy Update

• February 2009 Clinic Formulary Available



 Beneficiary feedback on clinic services, TRICARE, other topics?





February 2009

## USCG ATC MOBILE PHARMACY FORMULARY LISTING

General information: 251-441-6416 Refills 441-5418

Hours: Monday to Friday 0730 to 1200 and MWThF 1300 to 1600 Closed Tuesdays at noon!

Please remember to call in your refills to 441-5418!

Please note the following guidelines:

1. GENERIC products are routinely dispensed when available

2. All prescriptions must be dated and signed by the provider

3. Directions must be clear; "Take as directed" is NOT recommended

4. We can not fill any medication that is not included on this list; OTC items are no longer available due to contract changes in the new fiscal year.

5. Telephone and FAX prescriptions are NOT accepted

6. A 90-day supply is available, budget permitting, on medications except controlled substances

#### ANALGESIC

Apirin (EC) 81mg, 325mg tab Davocet N 100 tab (C-IV) Irnitrex Stat 6mg Inj. kit Intocin 25mg cap Lotab 5/500mg, 7.5/500mg tabs (C-III) Maxalt 5mg, 10mg Midrin Caps (C-IV) Mobic 7.5mg, 15mg tabs Motrin 200mg, 400mg, 600mg, 800mg Motrin 100mg/5ml susp Naprosyn 250mg, 500mg tab Salsalate 500mg, 750mg tabs Tylenol 35mg tabs Tylenol drops, 160mg/5ml susp. Tylenol #3 (C-III) Tylox caps (C-II) Ultram 50mg tabs

#### ANTINEOPLASTICS

Methotrexate 2.5mg Nolvadex 10mg

#### ANTICONVULSANT

Depakote 250mg, 500mg tab Dilantin 100mg cap Klonopin 0.5mg tabs (C-IV) Neurontin 100mg, 300mg, 400mg, 600mg, 800mg Primodone 250mg tabs Phenobarbital 30mg tab (C-IV) Tegretol 200mg tabs

#### ANTICOAGULANTS

Coumadin 1mg, 2mg, 2.5mg, 3mg, 4mg, 5mg, 7.5mg tabs Plavix 75mg

#### ANTIDEPRESSANTS

Celexa 20mg, 40mg tabs
Desyrel 50mg tabs
Elavil 10mg, 25mg, 50mg tabs
Lithium 300mg caps
Pamelor 10mg, 25mg caps
Paxil 20mg, 30mg tabs
Prozac 10mg, 20mg caps
Risperdal 0.5mg, 1mg, 4mg tabs
Seroquel 100mg, 200mg tabs
Tofranil 25mg tabs
Wellbutrin SR 100mg, 150mg tabs
Zoloft 50mg, 100mg tabs

#### ANTICHOLINERGIC/ CHOLINERGIC

Artane 2mg tabs Cogentin 1mg tabs

#### ANTI-INFECTIVES

Amantidine 100mg caps Amoxil 250mg, 500mg caps Amoxil susp 250mg/5ml, 400mg/5ml Augmentin susp 400mg/5ml, 600mg/5ml Augmentin 500mg, 875mg tabs Cipro 250mg, 500mg tabs Cleocin 150mg cap Diflucan 150mg tab (limit 12 tabs per 3 months) Dynapen 250mg cap Erythromycin 250mg, 333mg tab Flagyl 250mg, 500mg tab Gris-Peg 250mg tab Gris-Peg 125mg/5ml susp Hydroxychloroquine 200mg tab Isoniazide 300mg tab Keflex 250mg, 500mg cap Keflex susp 250mg/5ml Levaquin 500mg, 750mg tab Macrobid 100mg cap Macrodantin 50mg cap Nilstat oral susp Nizoral 200mg tab Pen VK 250mg, 500mg tabs Septra susp Septra DS tab Sulfasalazine 500mg tab Tetracycline 250mg cap Vermox 100mg tab Vibramycin 100mg tabs Zithromax susp 100mg/5ml, 200mg/5ml Zithromax 250mg tab Zovirax 200mg cap, 800mg tab

#### ANXIOLYTICS .

Atarax 10, 25mg tabs Ativan 0.5mg, 1mg tab (C-IV) Buspar 5mg, 10mg, 15mg tabs Valium 5mg tab (C-IV)

#### CHOLESTEROL LOWERING

Fenoglide 120mg tab
Lopid 600mg tab
Niaspan (SR) 500mg
Pravacol 20mg, 40mg tabs
Vytorin 10/10, 10/20, 10/40, 10/80mg
Zocor 10mg, 20mg, 40mg, 80mg

#### CARDIOVASCULAR

Adalat CC 30mg, 60mg, 90mg tabs Aldactone 25mg tab Calan SR 120mg, 180mg, 240mg Cardura 2mg, 4mg, 8mg tabs Captopril 25mg, 50mg tabs Catapress 0.1mg, 0.2mg, 0.3mg tabs Chlorthalidone 25rng tabs Cordarone 200mg tabs Coreg 6.25mg, 12.5mg, 25mg tabs Corgard 40mg tabs Hydralazine 25mg tabs Hydrochlorothiazide 25mg, 50mg Hytrin 2mg, 5mg, 10mg caps Inderal 10mg, 20mg, 40mg tabs Inderal LA 80mg caps Imdur 30mg, 60mg, tabs Isordil 5mg, 10mg, 20mg tabs Lanoxin 0.125mg, 0.25mg tabs Lasix 20mg, 40mg tabs Lisinopril 5mg, 10mg, 20mg, 40mg Lopressor 50mg, 100mg tabs Lotrel 5/10, 5/20, 10/20 tabs Lozol 1.25mg, 2.5mg tabs Maxzide 37.5/25mg, 50/75mg tab Micardis 20mg, 40mg, 80mg tab Minipress 1mg, 2mg, 5mg caps Norvasc 5mg, 10mg tab Nitrostat 0.4mg SL tab Potassium 8meq, 10meq tabs Tenormin 25mg, 50mg, 100mg tabs Tiazac 120mg, 180mg, 240mg, 300mg, Toprol XL 25mg, 50mg, 100mg tab

#### CONTRACEPTIVES (28 day)

Alesse/Lutera Condoms Loestrin 1.5/30, 1/20 Lo-Ovral Mircette Nor-QD Nordette/Levlen Norinyl/Ortho Novum 1/35 Nuvaring Ortho-Cyclen Ortho Novum 7/7/7 Ortho-Evra (patch) Ortho-Tricyclin Ortho-Tricyclin Lo Trilevlen/Triphasil Yasmin Yaz DENTAL Lidocaine viscous 2%

Periogard soln 473ml

## COUGH, COLD & ALLERGY

Atarax 10mg, 25mg tabs Benadryl 25mg caps, syrup Claritin 10mg tab Epi-Pen Auto Ini. Epi-Pen Jr Auto Inj. Mucinex 600mg tab Singulair 4mg, 5mg, 10mg tabs Sudafed 30mg tab Tessalon Perles 100mg Zyrtec syrup 1mg/ml Zyrtec 10mg tabs

#### DIABETES

Avandia 4mg, 8mg tabs Glucophage 500mg, 850mg tabs Glucophage XR 500mg tab Glucotrol 5mg, 10mg tabs Glucotrol XL 5mg, 10mg tabs Glynase 3mg tab Insulin Lantus, Novolog, Novolog 70/30 NPH, Regular, 70/30 Insulin 1cc, 0.5cc syringes Micronase 5mg tab Precision Extra Test strips

#### GASTROINTESTINAL

Azulfadine 500mg tab Bentyl 10ing, 20mg tab Colestid I gram tabs Compazine 5mg tab Half-Lytely Bowel Prep Imodium 2mg cap Lactulose syrup Levobid 0.375mg tabs Librax 5mg/2.5mg cap Meelizine 25mg tab Nexium 20mg, 40mg cap Nulytely Phenergan 25mg tab Phenergan 12.5mg, 25mg supp Pritosec 20mg cap Proctofoam HC 1% Reglan 5mg, 10mg tabs Zantac 150mg tab

#### GOUT

Benemid 500mg Colchicine 0.6mg tab Zyloprim 100mg, 300mg tabs

#### HEMATOLOGY .

Coumadin 1mg, 2mg, 2.5mg, 5mg, 7.5mg tabs Folic Acid Img tab Plavix 75mg tab

#### HORMONES & ENDOCRINE

Evista 60mg tab Estraderm 0.05mg, 0.1mg patch Estratest 1.25mg/2.5mg Estratest HS .625mg/1.25mg Estrace 1mg, 2mg tab Medrol Dose pack Ogen 1.5mg tabs Prednisone 1mg, 5mg, 10mg, 20mg tabs Prelone 15mg/5ml syrup Premarin 0.3mg, 0.45mg, 0.625mg, 0.9mg, 1.25mg tabs Premarin vaginal cream Prempro .3/1.5mg, .45/1.5mg, .625/2.5mg, .625/5mg tabs Provera 2.5mg, 5mg, 10mg tabs Synthroid 0.025mg, 0.05mg, 0.075mg, 0.088mg, 0.1mg, 0.112mg, 0.125mg, 0.137mg, 0.15mg, 0.175mg, 0.2mg tabs

#### MUSCLE RELAXANTS

Flexeril 10mg tab Robaxin 500mg, 750mg tab Parafon Forte DSC 500mg tab Valium 5mg tab (C-IV)

#### NASAL PREPS

Flonase Astelin

#### **OPHTHALMICS**

Alphagan P 0.15% soln Ciloxin 0.3% soln Cortisporin ophth susp FML 0.1% soln Gentamicin 0.3% soln Gentamicin ophth oint llotycin ophth oint Polytrim ophth soln Pred Forte 1% susp Pred Mild 0.12% Sulamyd 10% soln Sulamyd ophth oint Timoptic 0.5% Timoptic XE 0.5% soln Xalatan .005% soln

#### OTIC PREPS

Auralgan soln Cipro HC otic susp Cortisporin otic soln Cortisporin otić susp Floxin Otic susp. Vosol otic soln Vosol HC otic soln

#### **OSTEOPOROSIS**

Boniva 150mg tab Fosamax 70mg tab Fosamax Plus D 2800IU/70mg tab Fosamax Plus D 56001U/70mg tab

#### RESPIRATORY

Advair 100/50mcg, 250/50, 500/50mcg Acrochamber (limit 2) Atrovent HFA oral inhaler Atrovent .02% premix neb. soln Azmaçort oral inhaler Combivent oral inhaler Proventil 2.5mg/3ml premix neb. soln Proventil 2mg/5ml syrup Pulmicort Resp. .5mg/2ml amps Serevent Diskus 50mcg Theo-Dur 200mg, 300mg tabs Ventolin HFA oral inhaler

#### PARKINSON AGENTS

Sinemet 25/100mg, 25/250mg tabs

#### STIMULANTS (C-II)

Adderal XR, 20mg, 30mg caps

#### TOPICAL

Bactroban 2% cream, oint Cleocin T 1% soln Efudex 5% cream Elidel cream Elimite cream Gentamicin 0.1% cream, oint Hydrocortisone 1% cream, oint Hydrocortisone 2.5% cream, oint Kenalog 0.1% cream, oint Kenalog Orabase 0.1% Lidex 0.05% cream, oint, soln. Lotrimin 1% cream, soln Lotrisone cream Metrogel 1% topical Mycolog II cream Nizoral 2% cream, shampoo Nystatin cream Retin A 0.025% crm, gel (diagnosis required over age 35) Retin A 0.05% cream (diagnosis required over age 35) Silvadene 1% cream Valisone 0.1% cream, oint, soln Westcort 0.2% cream, oint

#### URINARY AGENTS

Detrol LA 4mg tab Ditropan XL 5mg, 10mg, 15mg tabs Macrobid 100mg caps Macrodantin 50mg caps Proscar 5mg tab Pyridium 100mg, 200mg tab Uroxatral 10mg tab

#### VAGINAL PREPS

Cleocin 2% cream Diffucan 150mg tab Gynelotrimin 1% cream Metrogel Vaginal gel Premarin cr, 45gm

#### VITAMINS

Cyanocobalmin 1:1000 Inj Ferrous Sulfate 325mg tabs Folic Acid 1mg tab Oscal 500mg w/D 200U tabs \*Prenatal Vitamins/ Img Folic Acid (\*females age 45 or less only)

# PATIENT RESPONSIBILITIES REFERRAL INSTRUCTION SHEET

## --- PLEASE READ ---VERY IMPORTANT

- 1. Your PCM (Primary Care Manager) has given you a referral from this clinic to receive care from a Tricare Network provider.
- 2. The consult request will be forwarded to Humana (Tricare) for approval and authorization and Humana (Tricare) will determine the provider where you will have the appointment.
- 3. Within a few days, you should receive from Humana (Tricare) by mail, an authorization letter with a doctor's name, address, and phone number where you should call to make an appointment.

This authorization is only valid to see this provider and will state how many visits you are authorized within a 6 to 12-month period of time. Your visits are usually limited to between 1 and 3 visits in the next six months. (This number may vary depending on the reason you are being referred, i.e., x-ray or MRI = 1 visit.)

4. When you receive this authorization in the mail, it is your responsibility to call the number to schedule the appointment at your convenience.

This referral is considered to be a DIRECT ORDER.

- Please call our Referrals office (251-441-6414) and notify us when your appointment time is scheduled.
- Be sure to report at least 30 minutes earlier than your appointed time for registration.

Bring your approval letter from Humana/Tricare with your authorization number on it, your ID Card, medical records, if applicable, and results of any tests performed in preparation for this visit, i.e., labs, x-ray films, MRI films, etc. (pick up from where they were performed).

- 7. After your appointment is complete, you need to schedule a follow-up here at the ATC Clinic (251-441-6725) with your PCM for further care and management, unless advised otherwise. Please give an adequate amount of time for the report of your visit to reach our clinic (7-14 days, or sooner, if so advised.)
- If further diagnostics or tests are needed other than the office where you are authorized these appointments, please contact the Referrals office below.
- 9. If you have any questions concerning this process, please contact our Referrals Office, (Ms. Jean Lulue) at 251-441-6414.

#### RHRP PROCESS FLOWCHART

